

*TO ALL CHILDREN  
AROUND THE WORLD  
AND THE HARD-WORKING  
PRESCHOOL TEACHERS*



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**Stop! Breathe! and Think!**

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This book belongs to:

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By Nesrine Ahmad Sleiman



Hello. This is Lemar.  
Lemar loves to draw and paint.  
She wants to be a famous artist  
when she grows up.







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Lemar is a very sensitive girl; she has all kinds of emotions.

Sometimes, her feelings are gentle, and sometimes her feelings are strong.

It's okay to have strong feelings. We just have to learn how to use them.



At school, Lemar is kind to her friends, but she quickly gets mad over little things. One day, Lemar was drawing a nice picture in her classroom.

Her friends asked her if she wanted to help them build a tall tower. Lemar, feeling friendly, decided to help with the tower.





As soon as she finished building the tower,  
she went back to color her drawing.







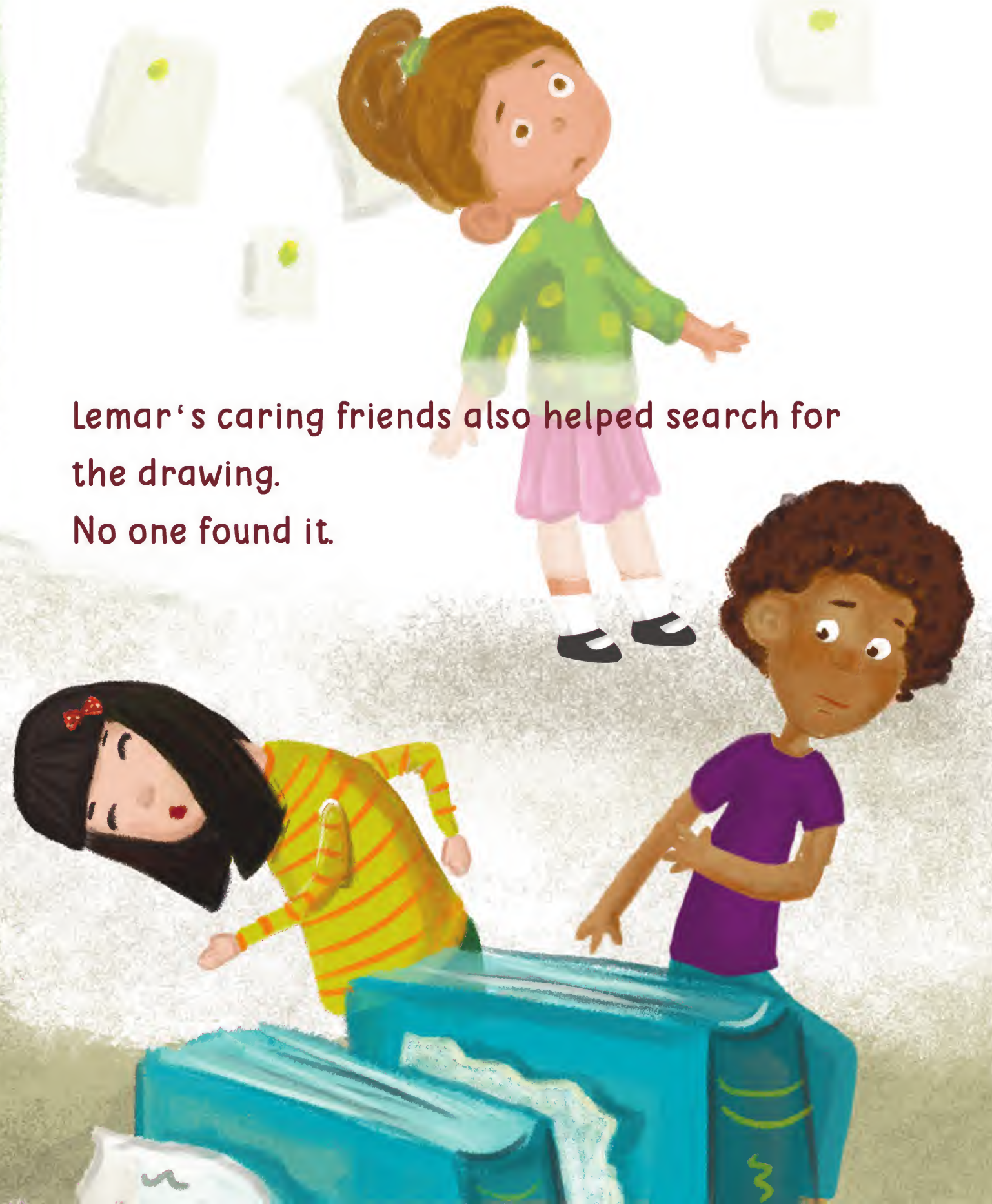
Lemar looked at the table, but she couldn't find her drawing.



Feeling sensitive, Lemar started to cry.  
To calm Lemar down, Nesrine, the teacher,  
looked for the drawing.



Lemar's caring friends also helped search for  
the drawing.  
No one found it.





"Where is my drawing?" Lemar yelled.





Suddenly, a friend of hers said, “We  
looked everywhere except the trash!”  
Could the drawing be there?

Yes, it was!





Lemar saw the paper all crumpled and wet,  
she screamed more, yelled louder, and threw  
herself on the floor.

Instead of yelling and crying, what should  
Lemar do?





Nesrine said, "I know you are very upset, and I know you are feeling sad and mad at the same time. Your feelings are very strong now.

I really want to help you.  
Let's play the freeze game, and then we can count up to 5."



Lemar couldn't play the game, because she was really upset.



Nesrine patted her on the back and said, "I can help you if you stop crying and yelling."



Breathe.

And help me figure out how to solve this problem, okay?



Now let's try again!



Close your eyes. Listen to me counting backward, and when I say zero, open your eyes! Ten. Nine. Eight. Seven. Six. Five. Four. Three. Two. One. Zero!”



Lemar covered her eyes and had stopped crying by the time the teacher said, “Zero!” Now Lemar is ready to follow the three steps.







It was hard, but when she stopped crying, she felt very proud of herself.  
Nesrine was proud of her, too.  
Lemar inhaled and exhaled five times.

Breathing gave Lemar a lot of oxygen.  
Oxygen made Lemar's brain work super, duper hard! She is thinking again.





“I want a new piece of paper,” said Lemar.  
“Of course,” said Nesrine, “but don’t forget to  
write your name on the paper or save it in  
your cubby.”





Lemar learned that it's okay to feel sad and mad; she is stronger than those feelings. Instead of crying or yelling, she knows how to stop, take a deep breath, and think about what she can do to solve her problem.

My friend, remember to stop, breathe, and think every time you have a problem! It worked for Lemar, and I pinky promise it will work for you, too.







Hi there,

I am a preschool teacher with a decade of experience in the field of child development and preschool education. Most of my preschool students miss pronounce my name. It sounds so cute and adorable when they call me teacher Nazreee!

I have completed a BA in Child Development and currently working toward a master's degree in Family and Human Development.

I strongly believe in the importance of developing Emotional Intelligence early on due to its impact on children cognitive development.

More on the personal side, I adore nature; especially birds, horses, and white flowers.



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